

# Connecting with Clubs: NOC Action Plan Guide

## Slide 1: Title

Welcome to Connecting with Clubs where we will review the NOC Action Plan Guide.

## Slide 2: NOC Action Plan

- The NOC Action Plan Guide is a collaboration effort between an NOC Club and their partner NAMI Affiliate.
- The template available in the “Getting Started” section of both the student and NSONA NAMI Nets, helps clubs map out their goals for the first 6-months to a year. This was made to be flexible so clubs can go back and update where they need to.
- Each proposed action step should fall under at least 1 goal or objective in this document and should never be inconsistent with any of the listed goals or objectives. It is unlikely that any action plan will include action steps under every objective.
- It is recommended that the final action plan list each goal for your club with detailed steps on how to get there (e.g. include due dates, contacts, assignments, etc). Most importantly, it should be FUN!

## Slide 3: NOC Action Plan: Contents

- In this video, we will go through the process of filling out each of the listed sections. Each slide will include all the content that you will see in the guide. The clubs will read through the guide and determine how to meet the listed objectives. Some clubs may already have ideas, and others may feel a little lost. It is your role to provide support by offering suggestions and insight into how they can be successful.
  - Building and Strengthen NAMI on Campus Club Structure
  - Mental Health Education and Support
  - Raising Awareness Through On-Campus Events
  - Campus, Local and/or Statewide Policy and Advocacy
  - Club Capacity

## Slide 3: Build and strengthen NAMI on Campus club structure

- The goal of this section is for the club to work on building and strengthening the structure of their club.
- Here are some suggestions to support their planning:
  - Schedule monthly check-ins with the counseling office to stay up to date on available resources and contacts.
  - Create a survey for students to complete at the beginning of each semester to assess needs.
  - Reserve time during meetings to check in with club members to assess needs and opportunities for growth.

## Slide 4: Mental Health Education & Support

- The goal of this section is for the club and local NAMI Leaders to work with the school counseling department and/or personnel to offer NAMI education programs that meet the needs of students.
- Here are some suggestions to support their planning:
  - Create a survey to assess if students would be interested in participating in specific NAMI programs.
  - Set up chats or meetings with the leaders of different organizations on campus to get their input on your resources and invite them to attend NOC club meetings.
  - Create a flyer with school, local, state, and national mental health resources. Clubs can also put links to these resources on their social media and school page.

## Slide 5: Raising awareness through on campus events

- The goal of this section is for the club to work with school contacts and partnerships, as well as NAMI state and affiliate offices, to hold consistent events to raise mental health awareness and increase NAMI on Campus membership and participation.
- Here are some suggestions to support their planning:
  - Schedule regular club meetings at a time that is accessible for most students
  - Create a calendar to ensure that the club is hosting enough events and meetings a month that work with the flow of student obligations such as testing season and sports.
  - Club could connect with academic or sports clubs
  - Club could collaborate with local NAMI to host a NAMI Walks event

## Slide 6: Campus, Local and/or Statewide Policy & Advocacy

- The goal of this section is for the club to work with their local and state NAMI leaders to lead the change at school on behalf of the mental health needs of students as well as engage local decision makers, agencies and others about NAMI state and national policy goals.
- Here are some suggestions to support their planning:
  - Ask the counseling department if they would collaborate with the club in having individuals who visit their office take your survey. They could also help develop the questions in a trauma-informed way.
  - Club could create a dedicated role or roles to researching local and state policies relating to mental health
  - Club could create a toolkit in collaboration with their local NAMI

## Slide 7: Club Capacity

- The goal of this section is for the club to work with club members and contacts at school, and through NAMI, on efforts to expand and diversify members and financial resources to meet its club goals.
- When filling out the club's action step, they will address the following objectives:

- Clubs can host a NAMI Walks on their campus, or get together a team to walk at their affiliate's NAMI Walks
- Clubs can create a sign in sheet for attendance
- Club leaders can help club members sign up for NAMI Memberships

## Slide 8: Closing

After the Action Plan Guide is complete, the club and partnering affiliate can work together to decide on some benchmark dates to meet and review progress to see if there is need for any adjustments. If it's the first year a club is operating, it's important to be flexible and compassionate as things are falling into place.

## Slide 9: Resource Page

To access the Action Plan Guide, it can be found in both the student and NSONA ONOC NAMINet under "Getting Started". As always, if you have any questions about this topic or NOC in general, please reach out to [NAMIONCampus@NAMI.org](mailto:NAMIONCampus@NAMI.org).